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Lest we forget



> 18

Jingle bells



> 22

A fond farewell



# thenewhammag

issue 263 // 23 November – 7 December 2012

**Make 2016  
your goal**

Liam Archer encourages  
disabled people into sport (p24)



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# Planning Application for Abbey Mills Riverine Centre, Stratford, London

Application to be considered by the Council's Strategic Development Committee on Wednesday **5th December 2012** at 7.00pm in the Old Town Hall, 29 The Broadway, Stratford, E15 4BQ.

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This public notice relates to an application for planning permission (ref 12/00358/LTGOUT) submitted to the London Borough of Newham by The Trustees of Anjuman-E-Islahul-Muslimeed of (London) UK regarding the Abbey Mills Riverine Centre, Canning Road, Stratford, London E15 3ND proposing:

*Outline planning permission with all matters reserved for subsequent approval apart from layout for the continued use of the buildings as a mosque; demolition of existing buildings for the construction of a mosque and ancillary facilities (including 8 accommodation units for guests and imam, library and dining hall) including temporary use of the ancillary facilities as a mosque during the construction phase; multi-use games areas, tennis courts, sports pavilion and open space together with associated access, parking and landscaping.*

**Due to the unprecedented high levels of public representations received by the Council regarding the above planning**

**application, it will not be possible for the Council to send notification of the committee meeting to each respondent. All representations received are being considered and will be taken into account prior to the determination of this application.**

The purpose of this notice is to inform the public of the Committee meeting.

The Council is keen to ensure that local residents who would like to attend the meeting are able to do so, but please note seating will be limited and allocated on a first come, first served basis.

Doors will open at 6.00pm.

For further information on the details of the Committee meeting and procedure for the meeting, please see the Council's website:  
[www.newham.gov.uk/abbeymillsplanning](http://www.newham.gov.uk/abbeymillsplanning)



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Young and old came together at services to mark Remembrance Sunday and Armistice Day; we look back on how Newham remembered (p12).

Winter is fast approaching and the shopping season is upon us. In this edition we highlight

some of the borough's best buys with our local gift guide (p18) and help you prepare for a safe winter (p14). There are also some yuletide offerings from a resident who's cooking up a storm (p16) and an invitation to our disabled sports day (p24).

*Cllr Andrew Baikie*

*Executive member for housing and customer service*

**To request a large print version of the Newham Mag call 020 3373 1517 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

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The Newham Mag is printed on 100% recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

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## IN BRIEF //

### Book a date with Olympic star

One of Newham's Olympic stars Christine Ohuruogu will be the special guest at a Newham Bookshop Christmas discount evening. With 20 per cent off most books this is the ideal opportunity to get Christmas presents – and unique signed books too. Pop along to Newham Bookshop, 745-747 Barking Road, E13, from 6-8pm on Wednesday 12 December. For more information about the bookshop visit [www.newhambooks.co.uk](http://www.newhambooks.co.uk)

### Your say on tenancy new rules

It's your last chance to have your say on the changes to tenancy rules. The Government has changed the laws governing the length of tenancy agreements for social housing.

Under this new legislation, Newham Council can now issue fixed term tenancies, usually for a minimum of five years, to new tenants moving into council properties.

For more information visit [www.newham.gov.uk/tenancystrategy](http://www.newham.gov.uk/tenancystrategy) or call 0800 358 0337

### High Street closes for bridge removal

Stratford High Street E15 will be closed between Rick Roberts Way and Abbey Lane from 10.30pm Saturday 1 December to 8am Sunday 2 December. A westbound lane of the High Street will be closed during the day, on Monday 3 December and the High Street will be closed again overnight from 10.30pm Tuesday 4 December to 5am on Wednesday 5 December. This is to allow the T12 bridge to be removed and relocated in the Queen Elizabeth Olympic Park. Work is being carried out by the London Legacy Development Corporation.

## Olympian Nicola is heart champion



Olympic medal-winning hockey star Nicola White got pupils into the Olympic spirit in a bid to beat heart disease.

She coached pupils at Eastlea Community School in Canning Town as part of the Hearty Lives Newham programme, a partnership between the NHS, Newham Council and the British Heart Foundation, which is tackling the high rates of heart disease in the borough.

Councillor Clive Furness, executive member for health and adults commissioning, said: "Newham had a key role in the London 2012 Games and we want to make sure there's a lasting legacy that goes on after that wonderful moment.

"It's important to now use the excitement of the Games to inspire more young people to be more active more often so we can all beat heart disease together."

For more information visit [www.bhf.org.uk](http://www.bhf.org.uk)

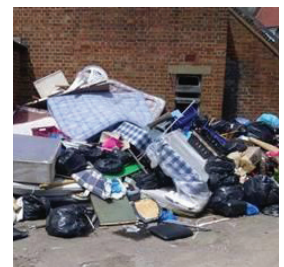
## Clean sweep for Plaistow

Plaistow's streets are cleaner and clearer following the latest stage of Operation Ohio.

Almost 200 waste in front garden notices and 19 fixed penalty notices were issued, and 92 fly tip investigations initiated (including this one in the Green Street area, pictured), in a co-ordinated two-day swoop earlier this month.

It was part of a targeted 48-hour raft of enforcement activity by the council and police aimed at improving the neighbourhood.

Mayor Sir Robin Wales, said: "The latest joint enforcement operation has once again demonstrated our determination to make Newham a better borough for everyone. This is a key part of the work that will achieve our aim of making the borough a place where people choose to live, work and stay." To report anti-social behaviour call 020 8430 2000 or 101.





## Bogus fines warning

Police are investigating a spate of bogus 'on-the-spot' fines issued by people claiming to represent Newham Council.

Investigations have led to two arrests by the police. Newham Council never issues on-the-spot cash fines but instead issues enforcement notices that have to be paid within ten or 14 days.

Members of the public, particularly small retailers who have been approached in this way recently, should contact the police on 020 3373 3972 with details of their receipt number. If you wish to remain anonymous you can call Crimestoppers on 0800 555 111.

## Councillors get the needle for flu



(Back l-r) Ted Sparrowhawk, Patrick Holland, Rustam Talati, Ayesha Chowdhury, Helen Page. (Front l-r) Marie Collier, nurse Suzanne Monk, Joy Laguda, Sheila Thomas, Pat Holland

Newham councillors got straight to the point by getting their winter flu jab.

Members lined up to get immunised to show support for a health programme aimed at ensuring vulnerable people don't catch the dreaded winter bug.

Those most at risk are pregnant women, anyone over 65 and those with specific conditions such as asthma, heart disease and diabetes.

Councillor Clive Furness, executive member for health and adults commissioning, said: "Sadly, the flu season is already upon us and flu can be a killer if you're already unwell. Luckily you can protect yourself and getting the jab is quick and easy.

"If you fall within the 'at risk' groups for flu, see your GP so those winter colds don't turn into something worse."

To find out more visit [www.nhs.uk/Conditions/Flu-jab](http://www.nhs.uk/Conditions/Flu-jab)

## Five-a-day at your convenience

Healthy small businesses and their customers are both set to benefit from an innovative new scheme.

The Royal Docks Convenience Store project, which launched earlier this month, aims to increase fruit and vegetable consumption by working with ten local retailers to improve their supply, presentation and marketing.

The scheme is focused on stores in areas including West Silvertown, North Woolwich and Custom House.

Look out for the Change for Life logo at participating stores.



Cllr Pat Murphy launches the scheme with pupils from Drew Primary School

## Christmas shop and park for free

Christmas shopping will be a bit easier this year with free parking on two key dates leading up to the festivities. On 15 December and 24 December you will be able to park for free at:

### East Ham

- > St John's East, at the junction with High Street North
- > St John's West, at the junction with Ron Leighton Way
- > Madge Gill car park, on Ron Leighton Way

### Upton Park

- > Queens Market car park, off Selsdon Road
- > Shaftesbury Road car park.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "Newham Council is mindful of the current economic pressures on some of its local retailers and traders. I hope everyone makes use of this opportunity." For great gift ideas see page 18.

# The price of making Newham better

What's the true cost of litter to law-abiding citizens and why does it matter?

It's a question that people are rightly asking because we have stepped up our enforcement activity, including the issuing of fixed penalty notices.

**“The borough spends more than £11m a year on cleaning our streets, removing waste and recycling.”**

First, residents have made it clear that reducing crime and anti-social behaviour should be our top priority so that's what we've done. Part of the solution is improving the look of our streets and reducing the fear of crime. That means clearing waste, which doesn't come cheap.

The borough spends more than £11m a year on cleaning our streets, removing waste and recycling.

Last year we recovered £369,255 from fixed penalty notices issued by our enforcement team for offences like littering or leaving waste in front gardens. This clearly shows it costs significantly more to tackle the problem of litter than the authority receives in fixed penalty notices.

We make no apology for tackling littering which is anti-social behaviour, but this doesn't actually solve the problem. What we really want to do



is change behaviour so that a minority do not spoil a borough that we want everyone to take pride in.

**“Making Newham a better place will attract the employers and jobs we badly need.”**

More importantly, why should residents who keep their gardens clear and don't drop litter pay through the nose for a selfish minority?

Making Newham a better place will attract the employers and jobs we badly need. It will make our community stronger. It's a big task that we can only achieve together.



## Mayor's view



# Our children reaching new heights

Raising aspirations is a crucial part of the work we are doing to build a more resilient community here in Newham.

At Ravenscroft Primary School in Canning Town, they've been using outdoor adventures as a way of helping children reach their full potential and develop the ability of parents to raise aspirations – which is really important.

I was invited along to present

the awards to children and parents involved in the Outdoors in the City project.

They've been using activities such as archery, climbing and even zip lines as a way of building skills. Attendance and skills have massively improved as a result of this really exciting and innovative way of learning. Congratulations to everyone involved.



Well done to Ravenscroft pupils

## Remembrance, lest we forget



The living owe it to those who can no longer speak to tell their story for them

Remembrance Sunday is always a special time for everyone to unite as a community and reflect.

With the Armistice Day falling on the same day, it was great to see that hundreds from across the borough marched and remembered at the services that took place in Newham. Our civic march was one of the biggest for many years.

I was at St Luke's Memorial, Canning Town, for what was a particularly poignant service. Councillors and council staff also attended services

across the borough.

'The Few' are sadly becoming fewer with advancing years but we must never forget the sacrifices they made for our freedom.

My thoughts were particularly with members of our armed forces who saw duty in Iraq and are currently serving in Afghanistan on what is a difficult mission.

On the very day we gathered in Newham, one of our soldiers was killed in Helmand province. We owe them a deep debt of gratitude.

## Safer shopping



With Tesco staff and Cllr Alec Kellaway

You must have noticed that the shops have launched their Christmas campaigns.

For many people it can be a stressful time and tempers can boil over. Sadly, a lot of the people on the receiving end of this are the shop workers – the people trying to help us and often for a low wage.

It's not right and that's why I joined fellow councillors and store workers at Gallions Shopping Centre in Beckton to highlight the USDAW Freedom From Fear Campaign.

The threat of verbal abuse and physical attack increases dramatically during the festive period.

There is no place for that kind of behaviour in our community and that's why I'm supporting the USDAW campaign to get the law changed so staff don't become victims.

# with Sir Robin Wales

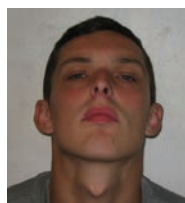


# POLICE, COUNCIL, ACTION

Take a look at our wall of shame. Does anyone here look familiar? These are the faces of people that the police would like to speak to about a range of alleged offences, and they're asking for your help to track them down.

Detective Sergeant Mick Townsend from Newham Police said: "I urge the public to help us if they know where these people are or have any information that could assist us with our enquiries."

Call the police number **101**, or Crimestoppers anonymously on **0800 555 111** if you can help, quoting the reference below the relevant picture.



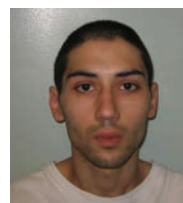
**Anthony HURLING**  
ref 337256



**David DIBLEY**  
ref 344838



**Dean Paul LETCHFORD**  
ref 257042



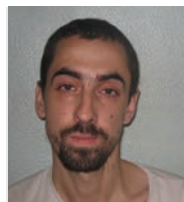
**Elhadi KHELIFA**  
ref 278495



**Evaldas BRASTAVICUS**  
ref 307382



**Geidrius ROZAITIS**  
ref 317466



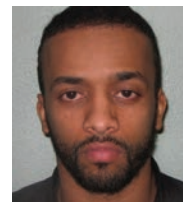
**Patryk SMAJEWSKI**  
ref 343715



**Raymond KARIMBA**  
ref 301283



**Samir NAEEM**  
ref 342390



**Samir Teejay BANKS**  
ref 322042



**Sergejs ABELE**  
ref 335932



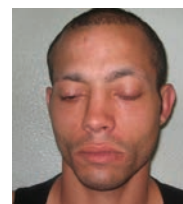
**Gheorghe Augustin CONSTANTIN**  
ref 308672



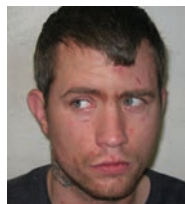
**James Alex CLINKARD**  
ref 309900



**Leonard NEAMU**  
ref 287935



**Lorenzo Paul BROWNE**  
ref 322042



**Nicholas DUFFY**  
ref 330837



**Paulius CERNIASKUS**  
ref 301309



**Rain HAROON**  
ref 335233



**Robert NICOLAE**  
ref 316461



## Not as safe as houses

This tiny shed in the back of a garden in East Ham was occupied by five adults. In a landmark legal case using the Housing Act, Newham Council has had the illegal dwelling demolished.

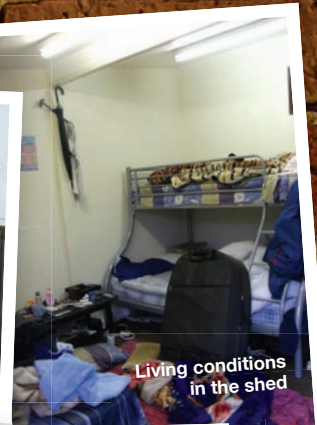
The costs of demolition will be re-couped from the landlord.

The shed, at the back of a ramshackle semi-detached house on Victoria Avenue, measured 13-square metres. It was just yards from a Tube line, had no heating or insulation and only one window.

A TV crew from the BBC's One Show were on hand to film the demolition and let the whole of Britain know that our residents deserve better housing than the squalor endured by the people living in the shed.

Executive member for infrastructure and environment, Councillor Ian Corbett (pictured centre), was on hand to witness the demolition. He said: "Sheds are for storing tools or household goods, not people. This property did not measure up as an acceptable form of housing in any way."

"Good landlords have nothing to fear. For the bad ones, we have a clear message: clean up your act or pay the price."



## ASB = eviction

Be warned, if you are convicted of anti-social behaviour (ASB), as well as being fined you could also lose your home.

An important legal precedent has been established by Newham Council in partnership with the police and East Thames Housing. Following last summer's London-wide disturbances, new rules were introduced which allow councils to take tougher action against residents whose actions impact on the lives of others.

This March, while the police were raiding a house in Albert Square, Stratford, to arrest a man on other charges they were attacked by a dangerous dog. The dog was later shot by police officers.

Because of the new regulations the judge hearing the case at the end of October was able to take into account previous convictions and witness statements that the council, police and East Thames Housing had collected.

This is the first time this legislation has been used to evict a tenant who breached his tenancy agreement by acting anti-socially.

Mayor Sir Robin Wales said: "This eviction demonstrates that tough action will be taken against people who cause misery to others. Act anti-socially and be prepared for the consequences."

## To report ASB

call 020 8430 2000

visit [www.newham.gov.uk](http://www.newham.gov.uk)

To speak to the police call 101



is this  
my room?

## Fostering what would you say?

For a career that's financially and  
emotionally rewarding call us free on

**0800 013 0393**

**[newhamfostering.co.uk](http://newhamfostering.co.uk)**



## Are you interested in becoming a Health and Social Care Apprentice?

**The City of London, Hackney, Newham and Tower Hamlets are working in partnership to train and develop Level 2 and Level 3 Health and Social Care apprentices.**

### What does being an apprentice mean?

- You will receive training one day per week and be at work four days
- You will have a 12 month fixed term contract
- You will work a 30 hour week at an hourly rate of at least £4.00 per hour
- You can choose to work with older people, adults who have learning, physical or sensory disabilities or others who receive social care support
- You have the opportunity to gain a nationally recognised qualification

### Am I eligible to apply?

You will need to:

- Be a resident of the City of London, Hackney, Newham or Tower Hamlets
- Be aged between 16 to 24 years old. Applicants over 25 years who meet all other eligibility criteria will be considered.
- Have grade 'D' or above in GSCE English and grade 'D' or above in GCSE Maths or equivalent
- Be committed to working with customers in a person centred way, promoting independence and choice in line with their needs, wishes and aspirations.

**To apply visit:** [www.newham.gov.uk/jobs](http://www.newham.gov.uk/jobs)  
**Job ref:** SCC00127

The closing date for applications is  
**Wednesday 28 November 2012**

**For further information contact**

**Richard Cresswell on:**

020 7364 2273

[richard.cresswell@towerhamlets.gov.uk](mailto:richard.cresswell@towerhamlets.gov.uk)



Newham London



TOWER HAMLETS





# Supporting you through benefit changes

Next year the Government will be changing the benefits system, including capping the amount of benefit that some people can receive.

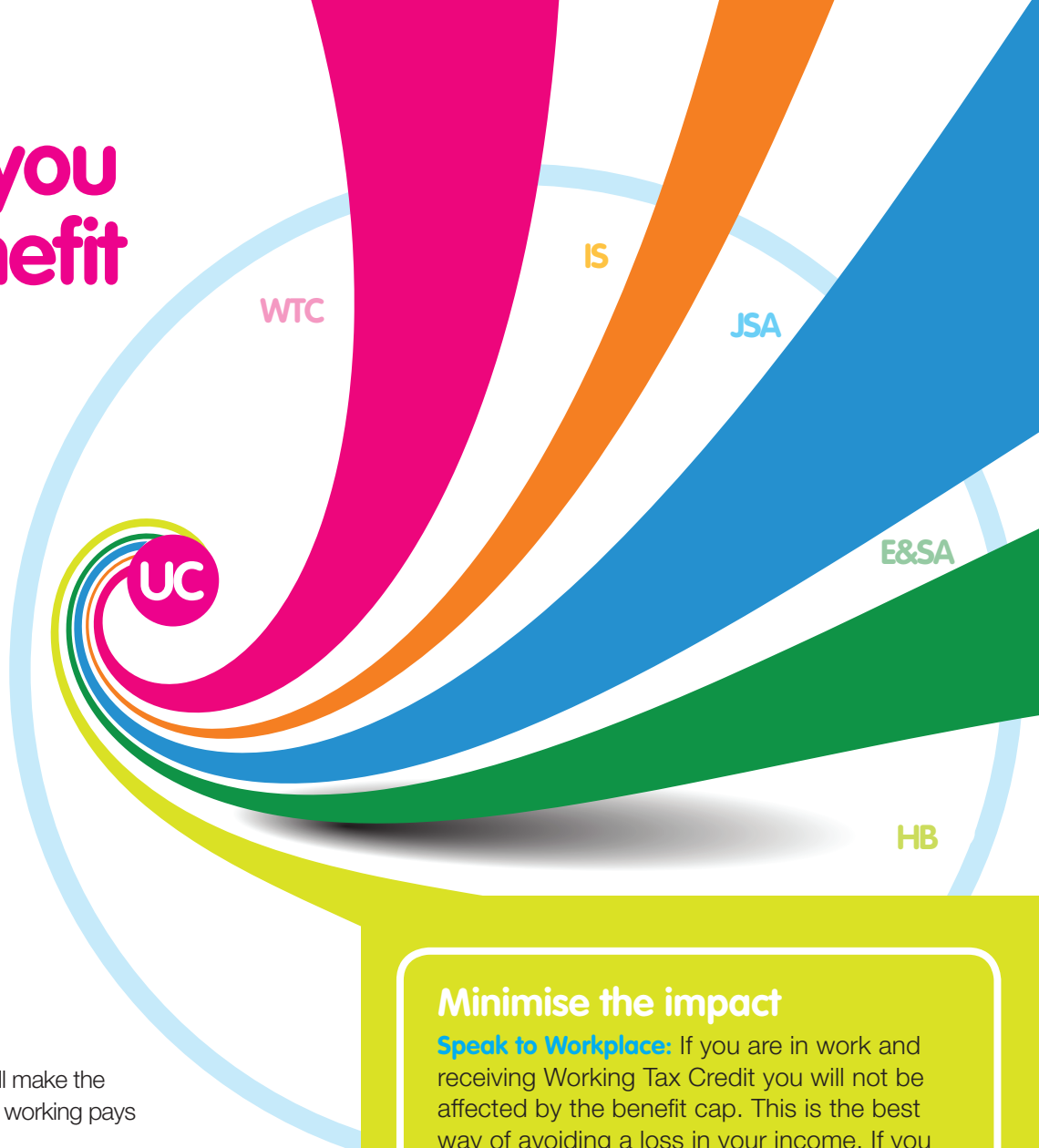
These are not changes made by Newham Council. If you receive certain benefits you need to act **now** to minimise the impact that these changes may have on you and your household.

The Government says that these changes will make the benefits system simpler so that it is clear that working pays more than being unemployed.

## What's planned?

- The Government is introducing a household benefit cap in April 2013; if you're affected you'll receive less Housing Benefit.
- The combined maximum amount of all benefits any workless household can receive will be £500 per week if you have children and £350 per week if you don't.
- If you or anyone in your household receives Disability Living Allowance, Employment and Support Allowance (Support Group), Attendance Allowance, or Working Tax Credit you won't be affected.
- From April 2013 if you live in a council or housing association home that's under occupied, the Government will be introducing a cut to your Housing Benefit of 14 to 25 per cent of your benefit. Under-occupation is when you have more bedrooms than the Government says you need.

In the future some benefits, excluding Child Benefit and Carer's Allowance, will be paid via a new benefit called Universal Credit which will be available to those in and out of work. Under Universal Credit, payments, including the replacement for Housing Benefit, will be paid directly to claimants monthly.



## Minimise the impact

**Speak to Workplace:** If you are in work and receiving Working Tax Credit you will not be affected by the benefit cap. This is the best way of avoiding a loss in your income. If you have lived within Newham for at least one year, Workplace can help you get a job. Workplace, the council's job brokerage service, can help you overcome barriers to work and support you and your family into employment.

**Call 020 3373 7817** for an appointment or visit [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)

**Visit Jobcentre Plus:** if you're entitled to an out of work benefit such as Jobseeker's Allowance, Employment Support Allowance or Income Support call **020 8503 1801** to speak to an officer, who will put you in touch with someone who can help you into work.

**Speak to your landlord:** If you will be affected by under-occupancy you may be able to move to a smaller home. Contact the housing option service by emailing [hsghoc@newham.gov.uk](mailto:hsghoc@newham.gov.uk) or calling **020 8430 2000**. Speak to your landlord if you think you might be affected.

**Visit [www.gov.uk/benefit-cap](http://www.gov.uk/benefit-cap)** to see if you'll be affected by the benefit cap.

# A time to re

**Every November we come together to remember those who sacrificed their lives to secure our freedom. Armistice Day and Remembrance Sunday pay homage to the fallen that lost their lives in the World Wars and combats since.**

This year's Remembrance Service was particularly significant as in February, Florence Green, thought to be the world's last known surviving service member of World War I, died in her sleep aged 110. She had served as a mess steward at RAF bases in Marham and Narborough.

Four Remembrance Services were held in Newham at East Ham Cenotaph, Central Park, E6; All Saints West Ham Parish Church, E15; St Mark's Memorial, E16; and St Luke's Memorial, E16. A special service was also held at the Cenotaph on Friday 9 November where schools gathered to mark the 94th Anniversary of the Armistice.

Mayor Sir Robin Wales laid a wreath at the service at St Luke's Memorial in Canning Town. He joined members of the Royal British Legion and armed forces for two minutes' silence at 11am. Wreaths were also laid on behalf of the council by deputy mayor Councillor Lester Hudson at the Cenotaph, chair of the council Councillor Amarjit Singh, at All Saints West Ham Parish Church, and deputy chair of the council Councillor Mike Nicholas, at St Mark's Memorial.

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**“With the passing of a generation the duty to remember falls on us all.”**

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Remembrance is one of the most moving and poignant public ceremonies of the year. Sir Robin is keen to promote the upcoming centenary of the First World War, which ran from 1914 to 1918. He said: “With the passing of a generation the duty to remember falls on us all.

“2014 is an opportunity, for our schools and society as a whole, to ensure that we all understand how the First World War shaped our nation. I believe that Britain should mark Remembrance Sunday in 2014 as a very special day. The shops should close, no professional football matches or major sports fixtures should be played.

“The centenary of the First World War must be a truly national moment.”

## **Anthem for Doomed Youth**

What passing-bells for these who die  
as cattle?  
Only the monstrous anger of the guns.  
Only the stuttering rifles' rapid rattle  
Can patter out their hasty orisons.  
No mockeries now for them;  
No prayers nor bells;  
Nor any voice of mourning save the choirs, –  
The shrill, demented choirs of wailing shells;  
And bugles calling for them from sad shires.  
What candles may be held to speed them all?  
Not in the hands of boys but in their eyes  
Shall shine the holy glimmers of goodbyes.  
The pallor of girls' brows shall be their pall;  
Their flowers the tenderness of patient minds,  
And each slow dusk a drawing-down of blinds.

*Wilfred Owen (died 4 November 1918)*



**A standard bearer for the Royal British Legion at St Luke's Memorial**



**Children gather to remember the Armistice**



**Sir Robin at the service at St Luke's Memorial**



# member



Cllr Singh lays a wreath  
at All Saints West Ham  
Parish Church



Cllr Hudson  
honours the fallen  
at the Cenotaph

Wearing medals with  
pride at All Saints West  
Ham Parish Church



Poppy wreaths at St  
Luke's Memorial



A citizen  
remembers at St  
Luke's Memorial



Veterans at  
St Mark's  
Memorial



# ARE YOU READY FOR WINTER?

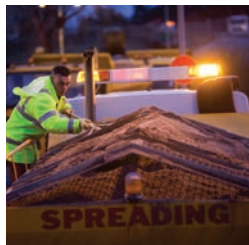
From snow to road safety, here is our guide to getting you through the season of celebration.

## True grit

Newham Council has been planning ahead to make sure that it is ready for winter and is already on standby in case of bad weather.

This year the council has 2,000-tonnes of salt in stock to make sure that we keep Newham's roads moving if conditions get icy.

Newham's roads are pre-treated with salt against ice and snow on a priority basis. All bus routes and main roads will be gritted.



## Drive safely

With the cold weather coming in here are a few tips to keep you moving:

- > **keep your windscreen and other windows clear**



– if your vision is obscured through dirt, snow or condensation it can be hazardous. Use air conditioning for faster demisting

- > **at least 3mm of tread on tyres** is recommended for winter motoring
- > be aware that **some roads may be frosty or icy**. Gentle manoeuvres are the key to safe driving
- > now is the time to **top up your anti-freeze**
- > **don't drink and drive** – If caught you can expect a hefty fine, points on your licence or a driving ban.

## Be bright, be seen

As the winter nights draw in it can be more difficult for motorists to see pedestrians. Parents are urged to make sure that their children are dressed brightly. Top tips to make sure that you are seen and have



a safe journey include:

- > **always use the Green Cross Code:** Stop, Look, Listen and THINK
- > **wear bright or fluorescent colours** during the day
- > at night, **reflective materials are best** and show up in car headlights, so wear or carry something that is reflective.

## Greener shopping

If you care about your environment and want to have a cleaner, greener Christmas here are some tips:

- > choose presents with **less packaging**
- > **avoid metallic gift wrap** as it cannot be recycled
- > **remember to recycle** all your cardboard, paper gift wrap, tins, cans and Christmas cards
- > remember how filling Christmas dinner







is, so save money and waste by **cooking only what you'll need**

- > **use your leftovers** – check out [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for some great recipe ideas.

## Safer Christmas shopping

Busy shops and crowded streets can be the ideal hunting ground for pickpockets and other thieves. So



before you go shopping, consider these crime prevention tips:

- > keep your purse or wallet in a place where it would be **difficult for a thief to reach**, e.g. an inside pocket
- > **avoid using cash**. Use a debit or credit card instead
- > if you do withdraw cash **use a machine inside the bank** where it is safer
- > **be careful when queuing** at checkouts and bus stops, they are a

favourite hunting ground for pickpockets

- > **keep valuables out of sight**, mobile phones and mp3 players can be snatched in an instant
- > **put purchases in your own bags**  
Branded bags, especially those from electrical stores or mobile phone shops, are more likely to be snatched
- > **don't leave shopping and gifts in your car**, it's an invitation to thieves.

## Safer presents

When you get all your fabulous gifts home you should still be careful:

- > **don't store presents in garages or sheds**, they are easier to break into
- > **presents left under the tree** could invite a burglary, especially if they can be seen from the street
- > **bin packaging with care**. An empty game console box left by your wheelie



bin will attract the eye of a thief

- > **remember to mark expensive gifts** with your postcode and door number, and **note down the serial numbers** so that if they are stolen they can be traced.

## Christmas in Newham

Find all you need to get you through the festive season and beyond at

[www.newham.gov.uk/christmas](http://www.newham.gov.uk/christmas)

Information includes:

- > **Christmas events and promotions**
- > **tips on how to keep your house warm**
- > **cold weather payments and winter fuel allowances**
- > **rubbish collections**
- > **green garden waste collection, including Christmas trees.**

# sweet sensation

If you've got a sweet tooth or want some tasty tips to create tasty treats this festive season whisk your way down to Adam the Pastry Guy's baking class and see what's cooking this Christmas.

Adam Ahew, more commonly known as Adam the Pastry Guy, was introduced to the beautiful world of baking as a child, learning skills while helping his mum out in the kitchen.

After studying a three year catering course at college, Adam applied for a Go for It (Gfi) grant from Newham Council and made his dreams of deliciousness a reality. He has been passing on his passion by teaching residents how to bake and develop their cooking skills. Adam said: "I used the Gfi grant to buy all the equipment I needed to get my classes going."

Although Adam's classes are aimed at beginners, many have learned the tricks of the trade and are now able to bake on a larger scale. He said: "My students enjoy my sessions; many have gone on to bake for birthdays and other occasions. The classes help build people's confidence, as well as friendships."

Adam is adamant that you don't have to be Mary Berry or Paul Hollywood to get baking. He said: "It's all about creativity. Everyone starts with a blank canvas and from there you can do anything. I always say, if you enjoy what you do it doesn't seem like work."

Adam will be dusting off his rolling pin and helping you prepare for the party season with a range of baking ideas. To get you in the mood, why not try his recipe for mince pie cupcakes?

## Bake it a date

Join Adam the Pastry Guy at Play, Sow and Grow, 6 Gay Road, E15, every Monday, from 10.30am-1.30pm, until 10 December. Classes cost £4 and all ingredients and equipment is provided. For more information or to book your place email [adampastryguy@hotmail.com](mailto:adampastryguy@hotmail.com)

## Christmas mince pie cupcakes (makes around 12 to 15 cupcakes)

### What you will need:

Mixing bowl  
Wooden spoon  
Tablespoon  
Measuring scales  
Spatula  
Toothpick/skewer  
Cupcake/muffin cases  
12-hole muffin tin  
Wire rack

### Ingredients:

125g butter  
125g soft brown sugar  
225g self raising flour  
1tsp baking powder  
1-2tbsp water  
3 eggs  
411g/jar of mincemeat  
200g icing sugar  
2-3tbsp water

### Method:

- 1 Preheat the oven to 180 degrees celsius/350 fahrenheit/gas mark 4. Place your cupcake cases into a 12-hole muffin tin and set aside.
- 2 With a wooden spoon or electric mixer, mix the self raising flour, baking powder, butter, soft brown sugar, mincemeat and three whole eggs together until smooth.
- 3 Using a measuring spoon, fill each cupcake case with 2tbsp of mixture and bake for around 15-20 minutes, or until a toothpick inserted in the centre of the cupcake comes out clean.
- 4 Cool slightly in the cupcake tin then transfer the cupcakes on to a wire tray to cool completely.
- 5 Once the cupcakes have cooled down, make up the icing. Put the icing sugar in a bowl and add the water a tablespoon at a time to make a thick icing, adjust consistency with extra water if it is too thick. Cover the top of the cupcake. Leave the icing to set slightly before serving.
- 6 Enjoy!









# Christmas Shopping in the heart of your community

Perfect Christmas presents for babies, toddlers and children, great gifts for grandparents, ideas for mums and dads – you don't have to go west you can stay east. With wonderful local shopping there's a unique gift round every street corner. Specialist markets, one off boutiques and shops crammed with interesting, quirky and vibrant gifts can be found across Newham. Not only that, but you'll be quids in too – nowhere in the world is more famous for a bargain than London's East End, where cheap means cheerful. Here are some of the bargains we found.

## East Ham High Street

If you love a bargain then get down to East Ham, where the Market Hall and High Street North offer great value.

## Lawler's Garden Centre

East Ham Market, Myrtle Road  
Real Christmas trees from £15; indoor plant baskets 2 from £5 to £15; pot plants from £1.50

## High Speed Cycles

East Ham Market, Myrtle Road  
Big Daddy and Big Mumma BMX bikes 7 from £170; Oxford cycle locks from £8; Oxford cycle lights from £7

## Forest Gate and Manor Park

Traditional local high streets, where you'll find a greengrocer, butchers and bakers, as well as a few gems.

## Hallmark

Woodgrange Road, Forest Gate  
Christmas crackers £11.99, buy one get one free; wrapping paper three for two; Me to You and Boufle Christmas stockings £12.99; Boufle dancing dog £24.99; charity Christmas cards three boxes for £10.

## Army and Navy

Romford Road, Manor Park  
Doctor Marten boots from £74.99; Vango Sono Super 11.5 tog sleeping bags £40; Green MA1 Bomber Jacket

£29.99; Cotton knitwear from £7.99; Woolly hats from £2.99

## Gallions Reach, Beckton

All the big name stores right here in Newham – a local, convenient and stress free shopping experience.

## Smyths

Gallions Reach  
Monster High Dolls from £9.99; table football 6 £34.99; Furby 9 (iPhone integrated) £49.99; Call of Duty: Black Ops 2 £42.99; Halo 4 £44.99; Leap Pads 2 £64.99; Kurio Kids Tablet £149.99; Wii U £259.99

## Green Street and Upton Park

Green Street is one of our most vibrant shopping streets and Upton Park has a growing number of unique shops.

## Pure Jewels

Green Street  
The Floralia Collection (inspired by *The Secret Garden*) 5 – Wild Flower bangle and ring, the Dewdrop collection £695 and upwards.

## Super Housewares

Green Street  
Picasso Roti Maker £35; Sizzle Platter 8 £10; beechwood rolling pin £3.50

## The West Ham Shop

Green Street  
Christmas hat 3 £4.99; forever

united Christmas gift bag £4.99; boxed tie and cuff link set £24.99; 1895 check beanie £8.99; spotty socks £3.99.

**There will be a special appearance by WHUFC players in store on**

**Tuesday 18 Dec**

[www.officialwesthamstore.com](http://www.officialwesthamstore.com)

## The Who Shop

Barking Road  
Sonic screwdriver TV remote 4 £59.99; Tardis bath robe £49.99; Dalek bath jelly £3.99

## The Newham Bookshop

Barking Road  
Books for children: 10  
Jacqueline Wilson *Emerald Star* £12.99; Hans Christian Andersen *The Fir Tree* £8.99; Anthony Brown *One Gorilla* £11.99; Alain Serres *I Have the Right to be a Child* £7.99. Local books: 1 Elliot Taylor *Up the Hammers* £14.99; Steve Derby *All Change for Upton Park* £9.95; German and Rees *A People's History of London* £12.99; Eddie Johnson *Tales from the Two Puddings* £9.99; **Special offer 10 per cent discount on one off purchases when you bring in the Newham Mag**

## Stratford

If there's one place in the borough you can find everything in one go... it has to be Stratford.

## Kin Books

InShops

Cloth patches from Africa and the Caribbean £2.50; Bookmarks £1.50.

## HMV

Westfield

ZZ Top, *La Futura*. They look like Santa but rock like Satan, the trio are back with the hard rock cd of 2012.

## Tiger

Stratford Centre

Cupcake cooking timer £3; Harlequin A6 notebook £1; Icepack (to soothe an aching head) £2; leather bird purse £3; flowery piggy bank £2.

## Terry's

Haberdashery

InShops

Woolly hats – machine and handmade £3-£10.

## Applejacks

Stratford Centre

Bentley organic soap £2.65; Divine fairtrade chocolate bars from £1.69; Dr Stuart's Extraordinarily Good Teas from £1.29.







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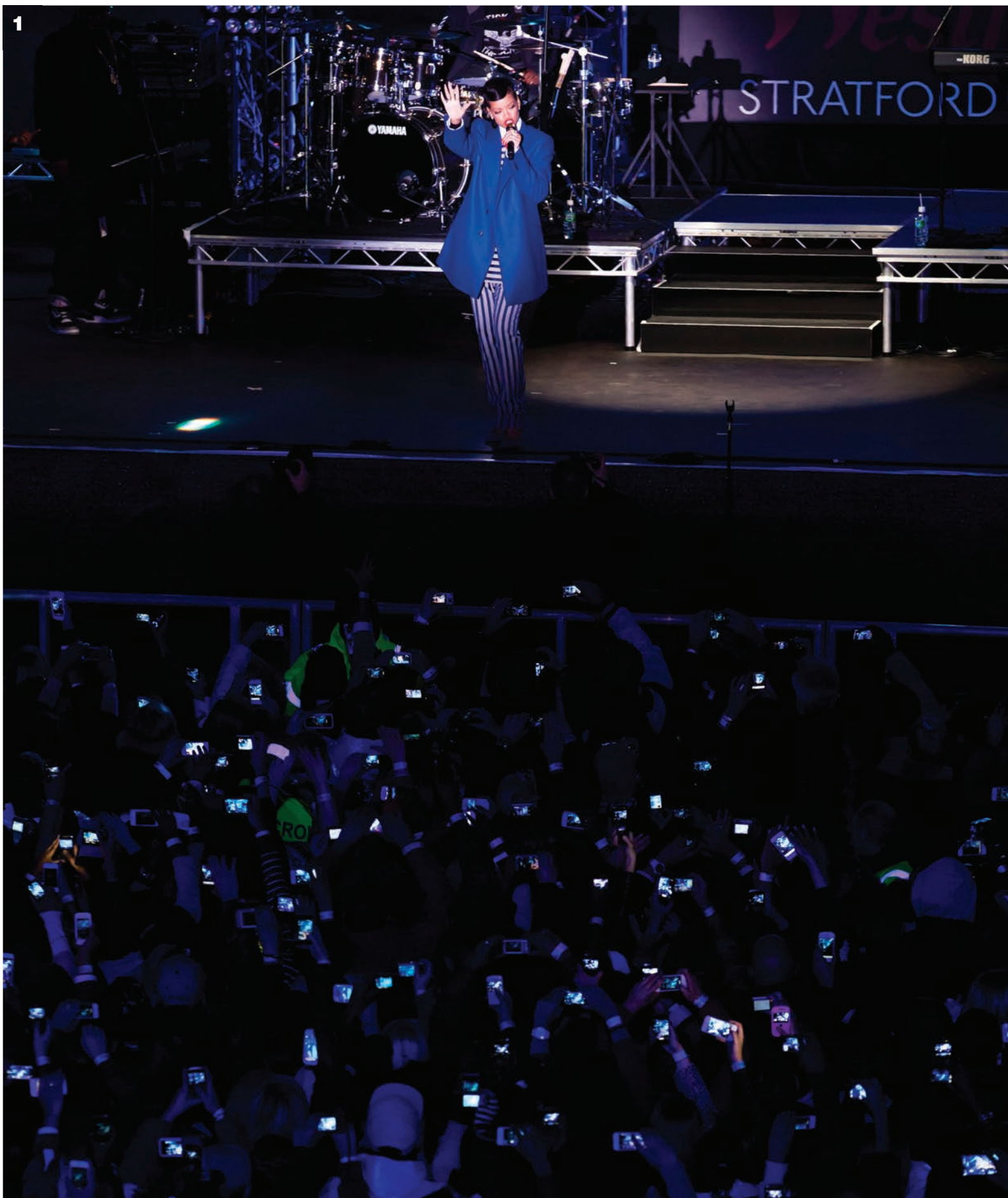
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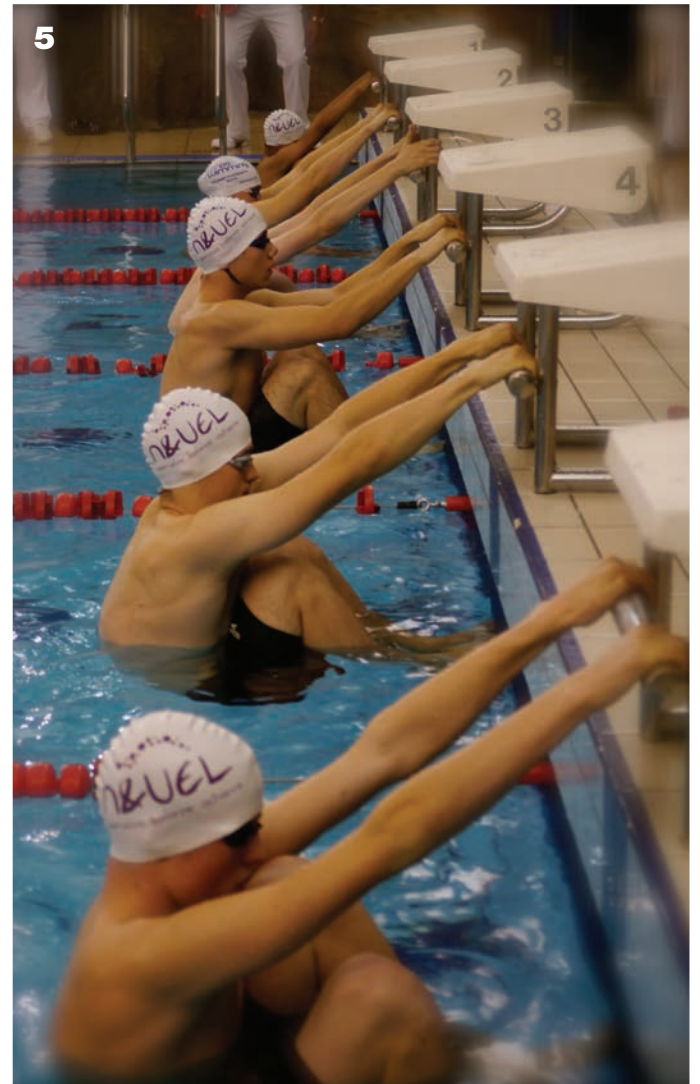
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Newham in pictures





**1** Turn up the lights in here, baby. Rihanna shines bright at Westfield Stratford City's Christmas lights switch on. **2** Children from Drew Primary School, E16, get a lesson in healthy eating as part of the Royal Docks Convenience Store project. **3** Olympian Nicola White gives a hockey masterclass at Eastlea School. **4** Children from Ravenscroft Primary School, E16, receiving their certificates for taking part in Outdoor Adventures. **5** Newham and University of East London Swimming Club make a splash at the Borough Swimming Championships at East Ham Leisure Centre, E6.



# Read all about it

**Colin Grainger joined the Newham Recorder as a trainee reporter in 1972 and became one of only two editors in the newspaper's 44-year-history. He looks back on his career as company changes see him vacate the editor's chair.**

## **You must have seen many changes?**

I grew up in North Woolwich and Silvertown and played on World War 2 bomb sites, so to see the development of Beckton and the docks alongside London City Airport, ExCeL and the Thames Barrier is amazing.

The pace of change has been incredible and developments like Westfield and the Olympic sites have changed the landscape so much. Who would have imagined they'd be £1m river-front flats in Newham?

Communities have also changed. In my early days, having a Polish community in Forest Gate was exotic, but now Newham has so many cultures and there is a real willingness among people to get on.

## **How has journalism changed over the years?**

When I started the newsroom was far noisier with typewriters, not computers, and clouds of cigarette smoke. When computers arrived in the 1980s we not only wrote the news, but designed the pages and wrote headlines.

Despite all the technology, the basics remain the same. Check, check and check again. Tell the truth, campaign for justice, make your contacts, do the right thing. Human interest stories are still out there. Tackling real issues that affect people's lives is the most important thing.

Now because of the internet and social media, newspapers are changing how

they cover news. But whether in print, online, TV or radio, a good journalist will always have an eye for a story.

## **What was your most difficult story?**

My mother Lily's accident and subsequent death made a lead story in the Recorder in 1977 because she was so well known in the community. That was tough, but with the guidance of former editor Tom Duncan, it spurred me to write a series of features examining our health services. We campaigned for local improvements, which eventually arrived.

## **What is your proudest achievement?**

The Recorder has always been a family





newspaper. We have challenged those in power, fought against injustice, but always tried to give people a laugh as well. I have always tried to show young people in a positive light.

I am most proud of my, and the paper's, association with Community Links – the most wonderful organisation it has been my honour to know. We have worked together on so many good things, including our Christmas toy appeal, now in its 36th year.

When we launched it we had a target of 500 toys, which we never thought we would reach. Now we aim for 15,000 toys and it is testimony to the marvellous community spirit in Newham that we achieve that target. We have collected

toys worth more than £2m over the years. The joy on the faces of needy children makes it worthwhile.

#### **Which famous people have you interviewed?**

John Wayne came to film at Beckton Gasworks. He spat over my shoulder – but in a nice way! I also interviewed Arnold Schwarzenegger at Wag Bennett's gym in Forest Gate long before he was really famous and said "I'll be back".

Singer Lonnie Donegan bought me my first ever piece of cheesecake in a West End restaurant. I thought I was so posh. David Essex had the girls swooning in the Recorder's office in East Ham and Dame

Vera Lynn was a truly lovely woman.

I first met photographer David Bailey in the 70s. He was surly and side-splittingly funny at the same time. It was great to meet him again this year at Newham Council's Ideas Olympiad. And our golden girl, Stratford Olympian Christine Ohuruogu, is also a very special lady.

**If you want to donate to the Newham Recorder and Community Links Christmas toy appeal visit [www.newhamrecorder.co.uk](http://www.newhamrecorder.co.uk) or call Community Links on 020 7473 2270. You can leave gifts at any Newham library.**



# Sports for all

The extraordinary events at this summer's Paralympics showed sport in its most moving form. The heart-warming demonstrations of human excellence inspired the UK and the world, including a 15-year-old from Plaistow.



Liam Archer and guide dog George.



What Liam Archer lacks in sight he makes up for in ambition. The visually-impaired, or "blind" as he describes himself, teenager doesn't let his disability get in the way of his dream to represent Team GB in 2016.

Liam's first love was goalball. The game is played using a ball embedded with a bell. A blindfold allows partially-sighted, sighted and blind players to play on equal footing. He said: "My dad's a sport coach. He used to take me along to sessions each week, so I experienced lots of different sports. I liked goalball because you are on a level playing field with other blind and sighted people."

Even with the advantage of a sporty dad, Liam admits that the first step to trying something new can be daunting. He said: "You do tend to get a bit nervous about trying different sports, because you don't know if you'll be good at them or if they have been adapted for blind people. But sport has made me a lot more confident. I'm more willing to try different stuff out and see if I like it or not."

Liam has been nominated for the upcoming Spirit of London Awards for his achievement in sport. He is currently training with the under 16 England blind football team. He said: "I hope to play blind football at the 2016 Games. I'd

like to be striker. That's my position at the moment. I think I'm doing well, so hopefully I'll be able to play in Rio."

**"The Paralympics have changed attitudes towards disabled people and have helped break down barriers between able bodied and disabled people."**

Having experienced the thrill of the Paralympics first-hand in the Olympic Park, Liam has no doubts about the impact it has had on the nation. He said: "The Paralympics have changed attitudes towards disabled people and have helped break down barriers between able bodied and disabled people. Normal people now want to try Paralympic sports like wheelchair basketball or wheelchair rugby."

## Celebrate International Day of Persons with Disabilities

If you're aged over 16, come along to Newham Leisure Centre, Prince Regent Lane, E13, on Thursday 29 November and help us mark the International Day of Persons with Disabilities.

From 10am-1pm, drop in and try free sports including:

- cricket
- judo
- zumba
- tennis
- boxing
- trampolining.
- wheelchair basketball

**There will be giveaways for all participants and you can also find out about sports and activities in Newham for disabled people.**

For more information call **020 3373 0301** or email **getactive@newham.gov.uk**  
Groups of more than ten people must pre book. Turn to page 38 for a list of sports and activities for disabled people.







# Co Production shapes services

**When Mina Parmar from East Ham, was diagnosed with osteoporosis she thought her world had ended, but the support she received from a little known group in Beckton Community Centre not only changed her life, but gave her a voice she never knew she had.**

Mina is the co-chair of the Newham Co Production Forum (adults), which works with Newham Council to shape services for adults with a health or social care need. Mina explained: "Before the Co Production Forum there were partnership boards. They weren't sure about what each other were doing or what was happening at grassroots level. Now all the partnership boards have merged and all the disability groups in Newham come together to be involved in decision-making."

The Forum ensures that the views of the community are taken into consideration when health and social care services are developed, delivered and reviewed. Mina became involved in the Forum

through her work with disability support groups in Newham.

A former seamstress, Mina's osteoporosis meant she had to give up work. She said: "Mine was a hidden disability. My GP gave me tablets, but I got depressed and felt really isolated. I didn't know what to do. I contacted the council and they put me in touch with Docklands Drop In, who operate from Beckton Community Centre. My whole world changed."

The support and friendship she discovered at Docklands Drop In gave her a new lease of life. Mina developed confidence and a passion for supporting vulnerable adults like herself. She said:

"The Co Production Forum has been running since March. So far, we've helped redesign financial assessment forms with clearer definitions of what was required, and for the forms to be made accessible. We've fed this information back to the council who will be adapting the forms."

## Find out more

For further information and to get involved in Co Production, contact **Selma Ghouse** on 020 3373 8563 or email [selma.ghouse@newham.gov.uk](mailto:selma.ghouse@newham.gov.uk)





# THE MONTH OF THE MOUSTACHE

**Men have been growing flamboyant moustaches in aid of Movember, a month to promote men's health and awareness about prostate and testicular cancer.**

Movember is about growing real moustaches and talking about real issues that affect the health and wellbeing of men. Movember is about changing the face of men's health, one moustache at a time.

Men's health issues are all too often left unspoken. The moustache is Movember's ribbon for men's health. By sporting a superb moustache you can become a walking talking billboard for men's health. Even better, if you can swallow the embarrassment, discuss men's health and encourage the men around you to know their health and be aware of early warning signs.

More than 10,000 men will die of prostate cancer in the UK this year – almost five times the number that will die of lung cancer. African-Caribbean men are three times more likely to develop prostate cancer.

Only men have a prostate. The walnut

size gland, which is located behind the bladder, can be examined via the rectum (bum). Unlike many other cancers, prostate cancer usually progresses very slowly.

## **Know the symptoms**

If you experience any of the following you should visit your GP:

- > **needing to urinate more frequently, often during the night**
- > **having to rush to the toilet**
- > **straining or taking a long time while urinating**
- > **weak flow**
- > **feeling that your bladder has not emptied fully.**

Testicular cancer affects younger men aged between 15 and 44. The most common symptom is a painless lump or swelling in the testicles. White men are more likely to

develop testicular cancer.

As with all cancer, early detection means you have a better chance of making a full recovery, checking your testicles could save your life. The best time to do this is after a warm shower or bath, when your skin is most relaxed. You should feel for any lumps or swellings. If you find either then you should visit your GP as soon as possible.

## **Get involved**

Tweet us your Movember moustache pictures and we'll re-tweet the best ones.

Send pictures to @NewhamLondon

To find out more about Movember

visit [www.movember.com](http://www.movember.com)

To find out more about men's health visit

[www.nhs.uk](http://www.nhs.uk) and search for 'men's health'



Got something to  
shout about? Email your  
ideas to [newham.mag  
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

# YOUR SPACE

where young people take control

## SAFETY FIRST

How safe do you feel when using public transport? Whatever your age, the Young People's Board (YPB) want to know your experiences of using the Tube, bus, train, or DLR. Geraldine Agyeman, 17, from Upton Park, explains how you can get involved.

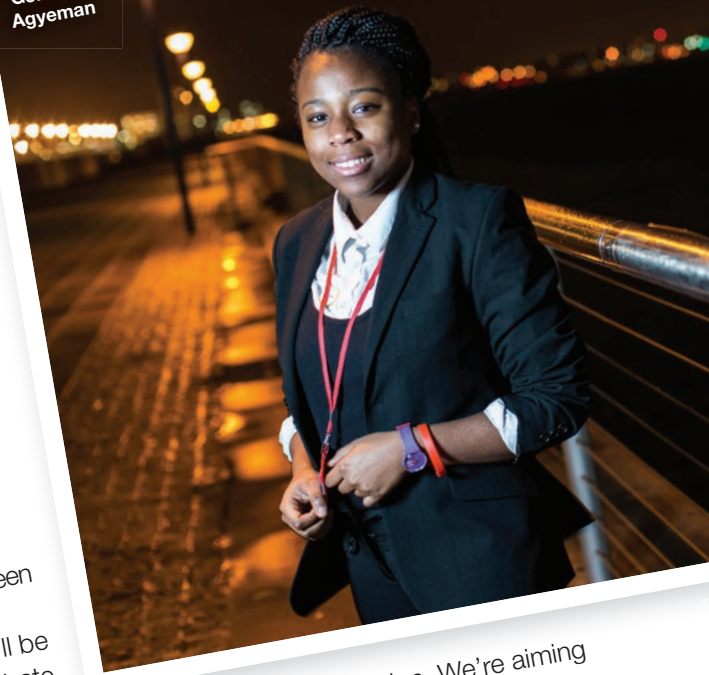
"I'm part of the YPB, who help Newham Council to improve the services they provide to young people.  
"Students from University College London (UCL) approached us to help them with a scrutiny report on transport, which highlights some of the issues people have when travelling in, out and around Newham. A lot of responses have already been collected and we've been asked to run UCL's next forum on 6 December, where we hope that lots of people will share their transport experiences with us.

**"We hope to share this information with key people in a bid to try and create a positive difference for everyone who uses public transport."**

"We're holding the forum so we can gather a collective view about public transport, any existing safety issues and those that may arise with and between the different users, both passengers and transport providers.  
"At the event, which is being held at Little Ilford Youth Zone, there'll be a short presentation and the YPB will be doing role plays to demonstrate some of the issues people have already shared with us.

"As a group, we've set up teams responsible for areas such as PR, marketing, analysis and facilitation. We're aiming to attract a broad range of people to share their opinions with us as we all have different experiences of using public transport. We hope to share this information with key people in a bid to try and create a positive difference for everyone who uses public transport."

Geraldine  
Agyeman



The YPB invite you to share your views with them on **Thursday 6 December, 6-8pm**, at Little Ilford Youth Zone, 1a Rectory Road, E12. Everyone is welcome and refreshments will be provided.







**Bonny Downs Community Association  
Fit & Healthy Elders Project  
Project Co-ordinator (maternity cover)  
16 hours per week  
Salary up to £30,000p/a pro rata**

We are looking for a committed and talented individual to provide maternity cover for our Fit & Healthy Elders project coordinator post. With significant experience in the field of adult health and social care, you will focus on coordinating and developing preventative health and well-being services for older people. Experience in personalized care service provision would be a distinct advantage. You will share our conviction that older people should be honoured and supported to live life to the full.

For an informal discussion contact Diana Laing-Wills on 02085866868. For an application pack contact: The Well, 49 Vicarage Lane E6 6DQ. Tel: 020 8586 7070. Email: [info@bonnydowns.org](mailto:info@bonnydowns.org) or visit our website [www.bonnydowns.org](http://www.bonnydowns.org).

Closing date 10th December at 5pm, interviews 14th December. Must be available to start in January 2013.

**BDCA – working together to change lives and transform our community**



## FOOD LOVERS save money

You can save up to £50 a month  
by throwing away less food.

Find out how at  
[lovefoodhatewaste.com](http://lovefoodhatewaste.com)



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London, E1 1JE  
t: 020 7377 5445

[www.primelandproperty.co.uk](http://www.primelandproperty.co.uk)

\*t&c applies

### Property licensing for just £249\*

Price includes our professional survey, filed application and application fees  
After January 2013 it will cost £500 to licence your property in Newham

 **recycle for your community**  
Barking & Dagenham | Havering | Newham | Redbridge

**LOVE  
FOOD**  
hate waste

## Win tickets to The Snowman

To mark the start of the festive season, the New London Orchestra is giving away three pairs of tickets to The Snowman at Stratford Circus on Friday 7 December.

Enjoy a magical experience of friendship and adventure and see Raymond Briggs' story of the snowman come to life. Join them, walking-in-the-air with a live performance of Howard Blake's iconic score and meet Father Christmas and his reindeer.

If you'd like to be in with the chance of winning a pair of tickets, answer the following question:

**What year was The Snowman released in the UK?**

Email your answers with your name, age, address and contact number to

**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)** or send them to **Newham Mag, West Wing 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU**. You must be available to attend the performance on Friday 7 December at 7pm. Competition closes at 12 noon on Wednesday 5 December.



## Make and sell

The NHS Foundation Trust has set up a Christmas craft fair for creative individuals with mental health conditions to create art for sale.

The event is for residents with severe and enduring mental health conditions to come along and get involved. If you have a severe or enduring mental health condition you can create anything you like, paint a picture, sketch a portrait or make some sculptures for sale at the craft fair in December.

Stalls cost £20 and you can keep all the profits you make. **The event takes place on Friday 14**

**December, 10am-4pm at The Women's Business Centre, Newham College of Further Education, High Street South, E6.**

To book a stall or to find out more email **[lordfiona@hotmail.com](mailto:lordfiona@hotmail.com)** or call **07949 034 337**.







## A little tea dance

If you're a resident aged over 60 and like to boogie, book yourself a place at Little Ilford School's annual tea dance.

The free afternoon is hosted by students at the school in Manor Park. Expect entertainment, refreshments and lots of dancing.

If you'd like to shake a leg, grab your pals and get down to **Little Ilford School at Browning Road, E12, on Tuesday 4 December, 2.30-4.30pm at Browning Road, E12. Booking is essential.**

To find out more email [a.henry@littleilford.org](mailto:a.henry@littleilford.org) or call **020 8928 3516**.

## Carers information day

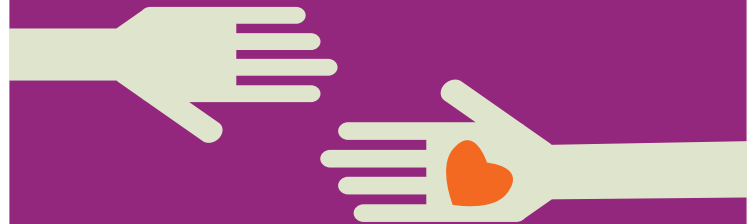
Newham Carers Network is inviting carers in the borough to come along to their free information drop-in day.

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help.

The information day will give carers the chance to find out more about their rights, get advice about finances, and how to make the most of technology.

**Drop-in on Friday 30 November, from 10am-2pm at Stratford Advice Arcade, 107-109 The Grove, E15.** Refreshments will be provided.

For more details call **020 8519 0800**, email, [info@newhamcarers.org.uk](mailto:info@newhamcarers.org.uk) or visit [www.newhamcarers.org.uk](http://www.newhamcarers.org.uk)



## Design a Newham t-shirt

Get out your sketch pad and design a t-shirt that reflects your Newham. It's a Newham Thing is a project set up to encourage residents to engage with the community. They are hosting a competition giving you the chance to get creative and have your very own design printed on t-shirts and sold online.

Your designs must be Newham inspired and no smaller than A4 size. They can be drawn, photographed, or handmade – as long as your design is original. Submissions can be made individually or as a group. All are welcome to enter.

**Submit your entry to [chi@newhamndp.co.uk](mailto:chi@newhamndp.co.uk) You can only send one entry per person. Competition closes Sunday 9 December.**

### Free exhibition

Come along to the It's a Newham Thing exhibition and find out more about the project through art and interactive maps at **Stratford Circus, Theatre Square, E15, 9am-10pm, until 4 December.**

To find out more, email [chi@newhamndp.co.uk](mailto:chi@newhamndp.co.uk) or visit [www.itsanewhamthing.com](http://www.itsanewhamthing.com)





# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry. We  
cannot return any entries.

## GALLERY



*Lamis Lataoui, 10*



*Grace Okeke, 11*



*Anonymous*



*Rebecca Sharon, 5*



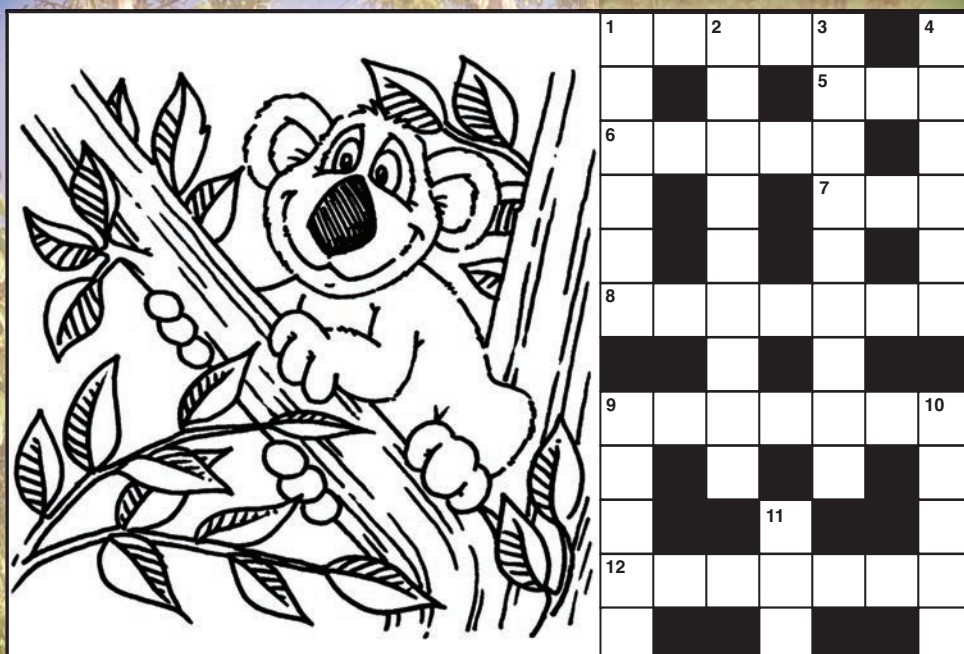
## Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



## Colour-me-in Crossword



### Across

1. Bearlike marsupial that feeds on eucalyptus leaves (5)
5. New York is in this country (3)
6. Golf clubs (5)
7.  $1 + 1$  (3)
8. Gestures that convey information (7)
9. Style (7)
12. Popular Colombian singer (7)

### Down

1. Instruments used to cut food (6)
2. Say sorry (9)
3. 1 Across is to be found in this country (9)
4. Christmas songs (6)
9. Untrue (5)
10. Rafael, the Spanish tennis star (5)
11. Travel over snow (3)

## Jokes

Why did the banana go to the hospital?  
**Because it was not peeling well.**

What is black and white and red all over?  
**A sunburnt dalmation.**

What do you call a snail on a ship?  
**A snailer.**

How did the farmer mend his pants?  
**With a cabbage patch.**

What do you call cheese that isn't yours?  
**Nacho cheese.**

Why do golfers carry a spare pair of socks?  
**In case they get a hole in one.**



# WHAT'S ON?

**FIVE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**23 NOV – 7 DEC**

## OUR THRILLING THREE...

1

### Christmas Turn Ons

Don't miss this year's Christmas lights switch on in your area. Visit [www.newham.gov.uk/christmas](http://www.newham.gov.uk/christmas) for full details.

2

### Free Swimming

Learn to swim. For ages 14 to 25. Open to all abilities. Thursdays, 6.30-7.30pm, Hallsville School, Radland Road, E16. Until 6 December.

3

### Bollywood Dance Class

Free for ages 13 to 18 ages. Wednesday, 6-7.30pm, Katherine Road Community Centre, 254 Katherine Road, E7. Call **020 8548 9825**.

## MENTION THE MAG...

Get streetwise with urban krav maga.

Urban krav maga mixes jiu jitsu, aikido, boxing, muay thai and other martial arts to teach students how to defend themselves. Classes are open to anyone aged 16 and over, build confidence and will improve your physical fitness.

Sessions take place on Tuesdays, 7.30-9.30pm, and Thursdays, 8.15-9.30pm at Durning Hall, Earlham Grove, E7.

**Sessions usually cost £10 but take this copy of the Newham Mag and enjoy a taster class for free.** Please wear suitable clothing.

The club membership is £60 per month. For more details visit [www.urbankravmaga.com](http://www.urbankravmaga.com) or call **07854 994 234**.



## TRY SOMETHING NEW... READ BETWEEN THE SHEETS

Feel the heat this winter with Newham's latest new range of passionate fiction.

Following on from the success of the international best seller *Fifty Shades of Grey*, libraries around London have compiled a Between the Sheets booklist. If you fancy a late night story to snuggle up in bed with then head to Stratford and Beckton libraries for a collection of sexy stories for you to indulge in.

Choose from a range of fiction from classics like *Fanny Hill* to saucy modern day tales like *My Secret Garden*.

### Age restrictions apply.

Tempt your imagination and visit **Beckton Globe, 1 Kingsford Way, E6, or Stratford Library, The Grove, E15.**

For more information visit [www.between-the-sheets.org](http://www.between-the-sheets.org) where you can view the full reading list.



## ARTS AND ENTERTAINMENT



### Comedy Night

Free entertainment every Mon, 8pm, Theatre Royal, Stratford East, Gerry Raffles Square, E15. Visit [www.stratfordeast.com/comedy-night](http://www.stratfordeast.com/comedy-night)

### Mini Musical Makers

Free music and story building sessions for children and parents with Newham Academy of Music.

Wed afternoons, Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555.

Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 692.

Places are limited, please book before attending

### Sporty Party 2012

Free for families and under fives to celebrate 2012. Games,

face painting, crafts and more. Refreshments provided. Sat 8 Dec, 2-5pm, Bryant Street Church Community Centre, Bryant Street, E15. Email [newhamnct@hotmail.com](mailto:newhamnct@hotmail.com)

## COURSES



### Do it Online

Basic computer sessions for all. All sessions take place at local libraries. You must book in advance.

Tues, 10am-12noon, Green Street

Wed, 10am-12noon, Stratford

Thurs, 10am-12noon, Canning Town

Fri, 10am-12noon and 2-4pm, East Ham and Plaistow

### Free Computer Course (19+)

Until 7 Jan 2013.

Mon-Thurs, 10am-5pm, Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12. Call



07943 887 612/  
07507 173 272

### **Knit & Natter**

Craft group for men and women of all ages and abilities, at local libraries.

Weds, 10am-12noon,  
Beckton Globe

Fri, 10am-12noon, Canning Town

### **UNDER FIVES LIBRARY ACTIVITIES**



Open to under fives with their parents/carers. All sessions take place at local libraries.

### **Crafts Club**

Tues, 10.30-11.30am,  
Manor Park

### **Toy Library**

Tues and Thurs,  
10am-12noon, East Ham

### **Imaginative Play**

Fri, 10.30-11.30am, East Ham

### **Storytelling**

Mon, 10.30-11.30am,  
Canning Town

Tues, 10.15-11.15am,  
Custom House

Tues, 11am-12noon, Plaistow  
Tues and Fri, 11am-12noon,  
Stratford

Wed, 2-3pm, East Ham

Thurs, 10.30-11.30am,  
Manor Park

Thurs, 2-3pm, North Woolwich

Thurs, 10.30-11.30am,  
Green Street

Fri, 10.30-11.30am,  
Beckton Globe

Fri, 11am-12noon, The Gate

### **YOUNG PEOPLE'S LIBRARY ACTIVITIES**



All sessions take place at local libraries.

### **Homework Club**

For young people aged 7 to 14.

School term only.

Mon, 4-6pm, Stratford, East Ham and North Woolwich,  
3.30-5.30pm

Tues, 4-6pm, Beckton and The Gate

Thurs, 4-6pm, Canning Town, Custom House, Manor Park and Plaistow

### **Games Clubs**

Free activities such as Sony PS3, Xbox 360, Wii games, board games and more for all children aged 8-13.

Mon, 3.30-5.30pm, Canning Town and Manor Park

Tues, 3.30-5.30pm, Custom House and East Ham

### **Teen Xtra Evenings**

Free activities for ages 12-21.

Thurs, 6-8pm, The Gate

### **ADULT LIBRARY ACTIVITIES**



All sessions take place at local libraries.

### **Adult Reading Groups**

Mon 3 Dec, 6.30-7.30pm,  
East Ham

Thurs 6 Dec, 6.30-7.30pm,  
Plaistow

### **Over 50s Club**

Thurs, 10am-12noon,  
Beckton Globe

### **ICT Surgeries**

Thurs, 10am-12noon, The Gate

### **EXTRA ACTIVITIES**



### **Royal Docks Learning & Activity Centre**

All sessions cost £1 unless specified otherwise.

Mon, Mother and Toddlers,  
9.30-11am

Tues, Bingo, 10am-12noon

Over 50s Computer Classes,

10am-12noon

Healthy Cooking Group,

10am-12noon

Weds, Salsa Classes,

10.30am-12noon

Sewing Classes, beginners 10-11.30am and intermediate

11.30am-1pm

Thurs, Tai Chi, £2,

10.30am-12noon

Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16.

Call 020 7476 1666

### **LGBT Community Group**

For over 50s. Snacks and refreshments provided.

Every third Tues of each month, 4-6pm, Community Resource Centre, 200 Chargeable Lane, E13. Call 020 7239 8055

### **Dirty Hands Project**

Grow your own fruit and veg.

Open to all. First Sat of each month, 10am-2pm, Valetta Grove, (opposite Plaistow Station) E13. Visit

[www.dirtyhandsproject.org.uk](http://www.dirtyhandsproject.org.uk) or email [dirtyhandsproject@gmail.com](mailto:dirtyhandsproject@gmail.com) or call 07961 674 210

### **Pilgrims Way Market**

Sat, 12noon-5pm,

Pilgrims Way, E6. Email

[street.markets@newham.gov.uk](mailto:street.markets@newham.gov.uk) or visit

[www.newham.gov.uk/markets](http://www.newham.gov.uk/markets) or call 020 8475 8971

### **BASKETBALL**



### **Youngbloods Basketball**

All sessions cost £1.

U12s, mixed

Sat, 1-3pm, East Ham Leisure Centre, E6

U13/14s, boys

Mon, 6-8pm, St Angela's School, E7

Tues, 5.30-7.30pm Newham Leisure Centre, E13

U14s, girls

Mon, 4.30-6pm, St Angela's School, E7

Tues, 5.30-7.30pm, Newham Leisure Centre, E13

U15/16s, boys



Learning and Activity

Tues, 6-8pm, East Ham Leisure Centre, E6

Fri, 6-8pm,

St Angela's School, E7

U17/18s boys

Tues, 8-9.45pm, East Ham Leisure Centre, E6

Thurs, 7-9pm, St Bonaventure's School, E7

Fri, 6-8pm,

St Angela's School, E7.

Call 07958 307 657

### **Newham All Star Sports Academy (NASSA)**

All sessions take place at UEL, Docklands Campus, University Way, E16. Sessions are £1 unless indicated otherwise

Visit [www.nassasports.org.uk](http://www.nassasports.org.uk)

Wed, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men

Thurs, 4.20-6pm U13-14

6-8pm, U16-18

8-10pm, Senior Women, £2

Fri, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men Run, £2

Sat, 10.20am-12.20pm, junior

boys and girls, 8-14, £2

Call 07703 503 995

or 07712 176 301

### **National League**

Mon, 6-8pm, U13/14s, Rokeby School,

Barking Road, E16

Tues, 6-8pm, U15/16s

Rokeby School,

Barking Road, E16

Thurs, 4.30-6pm,

U13/14s boys, U14s girls,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U16s,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U18s, Cumberland

School, Oban Close, E13



Storytelling





Road running

### Gifted and Talented

Fri, 4.15-5.30pm  
Cumberland School,  
Oban Close, E13

### Basketball Session

Sat, 10am-12noon  
Newham Leisure Centre,  
Prince Regent Lane, E13

### Senior Men/Women Programme

Mon, 7.30-9.30pm  
Division 2 Women and Division  
3/4 Men. Rokeby School,  
Canning Town, E16  
Call 07947 401 616

## FOOTBALL



### Mayor's Football League

8-16s, Mon, 4-6pm  
Newham Leisure Centre,  
Prince Regent Lane, E13

### 4v4 Football

8-19s, Wed, 5-7pm  
Stratford Park MUGA,  
West Ham Lane, E15

### 5v5 Football

8-19s, Fri, 5-7pm  
Royal Victoria Gardens,  
Pier Road, E16

### 4v4 Football

8-19s, Fri, 5.30-7pm  
Snowhill MUGA,  
High Street North, E12

### 5-a-side Tournaments

(First Sat of the month)  
U12s/U14s/U16s, Sat,  
10am-1pm  
Plashtet Park, Plashtet Grove, E7  
8-19s, Wed, 7.30-9pm.  
Winsor community MUGA,  
Manor Way, E6  
Call 020 3373 4119

### WHU Kickz (free)

Mon, U14s, 4-5.30pm

15+, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E6  
11-18s, 5-8pm  
Forest Gate Youth Centre, E7  
Tues, U14s, 4-5.30pm  
15+, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E6  
11-18s, 6-9pm  
Priory Park MUGA, E6  
Wed, 11-18s, 5-8pm  
Priory Park MUGA, E6  
Thurs, 11-18s, 4-7pm  
Priory Park MUGA, E6  
Fri, U14s, 4-5.30pm  
Girls 11+, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E6  
11-18s, 5-8pm  
Forest Gate Youth Centre, E7

### Air Football 16+

Tues, 1-3pm,  
Stratford Park, E15  
Fri, 3-5pm, Beckton  
Powerleague, E6. Visit  
[www.airfootball.co.uk](http://www.airfootball.co.uk)

### Ascension Football Academy

All sessions £3  
School years reception to 11,  
10-11.30am  
King George V Park, King  
George Avenue, E16. Call  
07806 584 925

## BOXING AND SELF DEFENCE



### Boxing

West Ham ABC - community  
boxing, 11-19s  
Free Olympic style amateur  
boxing sessions.  
Hathaway Community Centre  
Hathaway Crescent, E12  
Wed, 7pm. Call 020 8430 2000

West Ham Boys ABC 9+,  
boys and girls  
Mon, Wed, Fri, 5-6pm  
The Black Lion, 59-61 High  
Street, E13. Call 020 8472 3614  
Peacock ABC 8+,  
Mon, Wed, 6-8pm  
boys and girls  
Caxton Street North, E16  
Call 020 7511 3799  
Newham Boys ABC  
6+, boys only  
Mon, Wed, Fri, 6-7.45pm  
Old Bath House, 141 Church  
Street, E15. Call 020 8519 5983  
Fight For Peace 11+,  
boys and girls  
Woodman Street, North  
Woolwich, E16.  
Call 020 7474 0054

### Punch Out (16+)

Free boxing fitness workout.  
Thurs, 8-9pm, Beckton  
Community Centre,  
Manor Way, E6.  
Fri, 5-6pm, Katherine Road  
Community Centre, 254  
Katherine Road, E7. Email  
[getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)

### Shoujin Karate

Sessions for beginners.  
Newham Shoujin Karate Club:  
Weds, (during term time only)  
4.30-5.30pm. Fri, 6-7pm  
and 7-8pm. Sun, 10-11am,  
Newham Leisure Centre,  
Prince Regent Lane, E13.  
Call 07508 070 638  
Docklands Shoujin Karate Club:  
Mon, 6.20-8.20pm, UEL Sports  
Docks, Docklands Campus,  
E16. Call 07517 136 837

### Tang Soo Do

Korean Martial Arts for 5+ to  
adults. £5 per session – family  
discount available.  
Sat, 1-2.30pm (arrive at least  
15 minutes before start) The  
Hub, 123 Star Lane, E16.  
Tue, 7.30-8.30pm, Grassroots,  
Memorial Park, Memorial  
Avenue, E15.  
Call 07725 948 426 or email  
[ace\\_rosillo@hotmail.com](mailto:ace_rosillo@hotmail.com)

### Hop Skip and Punch (18+)

Mon, 5.30-6.30pm, Katherine  
Road Community Centre, 254

Katherine Road, E7.  
Call 020 8548 9825

## HEALTH AND FITNESS



### Handball (free)

8-16s, Tues, 3-4.30pm  
16+, Fri, 6-8pm  
Newham Leisure Centre, Prince  
Regent Lane, E13. Email  
[aranka.bekker@newham.gov.uk](mailto:aranka.bekker@newham.gov.uk)

### Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+  
Stratford MUGA,  
West Ham Lane, E15  
Fri, 5.30-7pm, 8-19s  
Snowhill MUGA, High Street  
North, E12. Call 020 3373 4119

### Athletics

Sun, 10.30am-12.30pm, 10-19s  
Newham Leisure Centre,  
Prince Regent Lane, E13. Email  
[coral.nourrice@newham.gov.uk](mailto:coral.nourrice@newham.gov.uk)  
Newham and Essex Beagles  
Athletics Club, Mon and Wed,  
6.30-9pm, 10+  
Sun, 10am-1pm.  
Call 020 7511 4477

### East End Road Runners

Free coached sessions for  
all abilities.  
Tues and Thurs, 7pm  
Sun, 9am, meet on the track,  
Newham Leisure Centre,  
Prince Regent Lane, E13.  
Call 07979 261 647

### Run England sessions

All sessions are £2 indicated  
otherwise.  
Sun, 10am-12noon, Newham  
Leisure Centre, E13 (meet on  
the track)  
Mon, 4-5.30pm, Newham Leisure  
Centre, E13 (meet on the track)  
5.45-6.45pm, Newham  
Dockside, E16 (meet at reception)  
Tues, 6-7pm, Newham Leisure



Badminton



Centre, E13 (meet on the track)  
Wed, 12noon-1pm, Newham  
Dockside, E16 (meet at reception)  
Thurs, free, 5.15-6.15pm, UEL  
Docklands Campus, E16  
(meet at reception)  
Sat, 10-11.30am, East Ham  
Central Park, E6 (meet at the café)  
10-11.30am, Wansted Flats,  
E12 (meet at Harrow Road  
Changing Pavilion)  
10-11.30am, Memorial Park,  
E15, £4 (meet at car park)  
Call 07718 394 874

### **Cricket**

Wed, 6-8pm, 8-18s, Lister  
Community School, St Mary's  
Road, E13. Call 020 3373 4119

### **Hockey**

Mon, 3-5pm, 8-14s  
Kingsford Astro, Kingsford  
Way, E6 (by Asda car park).  
Call 020 3373 4119

### **Rugby**

Tues, 4-6pm, 10-16s  
Memorial Park, Memorial Avenue,  
E15. Call 020 3373 4119

### **Volleyball**

Mon, 3.30-5pm, 11-18s, Royal  
Docks School, Prince Regent  
Lane, E16. Call 020 3373 4119

### **Newham Swords (4+)**

Tues, 6.30-9pm  
Thurs, 6.30-9pm  
Fri, 7.30-10pm  
The Hub in the grounds of  
Newham Leisure Centre, Prince  
Regent Lane, E13  
Call 07956 618 898

### **Newham Striders**

Free sociable walking group,  
seven days a week.  
Call 020 8430 2000

### **Free Men's Health**

#### **Football Fitness Sessions**

Sat, 10-11am, West Ham United  
Community Training Facility, 60a  
Albatross Close, E6.  
Call 020 7473 7724

### **Free Family Fit Club**

Sat, 11am-12noon, West Ham  
United Community Training  
Facility, 60a Albatross Close,  
E6. Call 020 7473 7724

### **Zumba classes**

Thurs, 7.30- 8.30pm, St Nicholas  
Church Hall, Gladding Road, E12,  
£5 per class. Call 07720 805 505

### **Saturdays**

For fathers, grandads, uncles  
and children aged 0-16.  
Sat, 12noon-3pm,  
Chandos East Hub, 90  
Chandos Road, E15  
Call 020 8221 2137

### **Family Fitness classes**

£4-£6 for adults, £1 for  
children/teens.

### **Outdoor classes**

Adult only Boot Camp,  
Tues, 9.30-10.30am  
Family Boot camp (children  
must be 7+) Tues, 5-6pm  
Teens only Boot Camp (13-16)  
Weds, 5-6pm  
Family Boot Camp,  
Sat, 11.30am-12.30pm  
Grassroots, Memorial Park, E15.  
To register for outdoor classes  
call 07904 625 402 or email  
info@5starphysique.co.uk

### **Indoor classes**

Funky Kids Skiptrix ( 7+ jump  
rope based exercise and  
games) Thurs, 5-6pm  
Adults Skiptrix Circuits, Thurs,  
6.15-7.15pm  
The Hub, 123 Star Lane, E16.  
Call 07904 625 402 or visit  
www.5starphysique.co.uk

### **Newham Young Britons A.S.C**

Learn to swim and/or improve  
your strokes.

**Men's session,** (12 week course,  
£70.60) Sat, 5.30-6.15pm

**Children's session,** (£2 per  
session) 5-16, Sat, 6.15-7pm  
Newham Leisure Centre,  
Prince Regent Lane, E13.  
Call 07956 304 518

### **Yoga Classes**

£5.50 for full-time workers or  
£3.50/£4 for students and those  
in receipt of benefits  
Tues, 6.10-7.10pm and  
Fri, 10.30-11.30am,  
The Hub, 123 Star Lane, E16  
Wed, 6.30-7.30pm  
The Unitarian Church, West Ham  
Lane, E15.

Call 07956 808 007 or visit  
www.yocoma.co.uk

### **Woodside Badminton Club**

Intermediate and club standards  
players welcome, Fri, 8-9.30pm,  
£5 waged/£3 unwaged,  
Carpenters Docklands Centre,  
98 Gibbins Road, E15.  
Call 020 8514 1586

### **Table Tennis**

For beginners and intermediate  
players. Thurs, 6.30-9pm  
Stratford School, Upton Lane,  
E15 (Doris Road entrance)  
For more info call  
07976 577 716 or  
07828 866 031 or email  
ginny.harris10@btinternet.com

### **Qi Gong**

Suitable for adults of all abilities.  
£5 per session.  
Thurs, 8pm on the Docklands  
Community Boat moored near  
ExCeL. Meet at the gates to  
Millennium Mill, Mill Road, E16.  
Call 07930 610 275 or email  
lee@bigheavenlittleheaven.com

### **UnityZumba**

Classes are £5 each adults,  
children £3. (7+)  
Mon and Wed, 8-9pm,  
Hartley Centre, 267 Barking  
Road, E6  
Tues and Thurs, 8.15-9.15pm,  
St Mark's Community Centre,  
218 Tollgate Road, E6  
Fri, 7.30-8.30pm, African  
Caribbean Centre, 627-633  
Barking Road, E13  
Sun, 6.30-7.30pm,  
The Well Centre, 49 Vicarage  
Lane, E6. Call 07886 884 573

### **Beginners' Ballroom**

£2.50 per session.  
Mon, 10am-12noon, St Paul's  
Church Centre, Burges Road,  
E6. Call 07761 209 463

### **Twisted Pink**

Open to 7-21s.  
Street Dance sessions: Fri,  
6-7pm, £3  
Zumba classes: (From 30 Nov)  
Fri, 7.15-8.15pm £5 including  
childcare. St Luke's Church, 89  
Tarling Road, E16.



Fencing

Call 07534 513 307, visit www.  
twistedpink.org.uk or email  
twistedpink26@aol.com

### **Zumba with Annabel (17+)**

Mon, 7-8pm, £5, Vicarage Lane  
Community Centre, Govier  
Close, E15.  
Tues, 8-9pm, £4, Swift centre,  
387 Barking Road, E13.  
Call 07500 898 665

### **Free Aquatics Club**

Open to all abilities.  
For ages 14-25  
Fri, 7.45-8.45pm, Newham  
Leisure Centre, Prince Regent  
Lane, E13. Until 14Dec.

### **FEMALE SPORTS**



### **Zumba Fitness (12+)**

£5 per session. 8.30-9.30pm,  
The Hub, 123 Star Lane, E16.  
Email bollywoodfuzion@gmail.com  
or call 07830 455 823

### **Dare2Dance**

Free street dance classes for  
girls, 12-16s. Fri, 3.30-5.30pm  
Newham Leisure Centre (New  
Indoor Multi Sports Centre),  
Prince Regent Lane, E13.  
Call 07970 783 526

### **Girls Spinning Sessions**

11-16, Mon and Wed,  
4-4.30pm. Newham Leisure  
Centre, Prince Regent Lane,  
E13. Call 020 7511 4477

### **Female Only Gym Sessions**

11-16, Tues and Thurs,  
3.30-5pm. 16-25, Weds,  
1.30-3pm, free. Newham Leisure  
Centre, Prince Regent Lane, E13.  
Call 020 7511 4477

### **Female Boxfit Classes (16+)**

Mons, 4.15-5.15pm, Balaam  
Leisure Centre, Balaam Street  
E13. Call 07970 783 526





Female football

### Girls Football

Mon, 6-7.30pm,  
12/14s football tournaments  
Kingsford Astro (entrance by  
Asda car park) Beckton, E6.  
Call 020 8556 5973.  
12-14s football coaching and  
tournaments, Tues, 3.30-5.30pm.  
Newham Leisure Centre,  
Prince Regent Lane, E13. Call  
020 8556 5973

### Women United FC (11+)

Mon (term time only)  
6-7.15pm, Kingsford School,  
Kingsford Way, E6.  
Call 07968 665 849

### Get Back into Netball

OPA Netball Club sessions.  
Tues, juniors, 6-7pm, seniors,  
8-9.30pm. £2 per session.  
Lister Community School,  
St Mary's Road, E13.  
Call 07717 281 529

### Body Blast (16+)

Mon, 7-8pm and Thurs, 6-7pm  
Talent Central, Unit 27a, 3  
Armada Way, Gallions  
Shopping Centre, E6

### Female Multi-Sports

Cardio, Tennis, Handball,  
Rounders, Football and more.  
10-16s, 4.30-6.30pm, Tues,  
4.30-6.30pm Newham Leisure  
Centre, Prince Regent Lane, E13.  
Fri, 4.15-5.15pm, Little Ilford  
Youth Zone, Rectory Road, E12.  
Call 020 8556 5973 or email  
Farrakh.Khan@locsp.org

### Sheila's Yummy Mummy buggy (16+)

£5 per session  
Mon, 10-11.30am  
East Ham Central Park, E6  
(meet outside cafe in the park)  
Fri, 10-11.30am, Plashet Park,  
Plashet Grove, E6.  
Call 07908 614 958 or email  
spoleon@aol.com

### Get back into Netball

OPA Netball Club sessions.  
Tues, juniors, 6-7pm, seniors,  
8-9.30pm. £2 per session.  
Lister Community School,  
St Mary's Road, E13. Call  
07717 281 529 or email  
opanetballclub@hotmail.com

### Zumba classes

Tues, 8-9pm,  
£4 per hour, The Swift Centre,  
387 Barking Road, E13  
Thurs 7.30-8.30pm,  
£4 per hour, The Hub, 123  
Star Lane, E16. For more  
details call 07500 898 665

### Janice's Fitness (16+)

Soca and Zumba fitness  
sessions. £5 per session.  
Tues, 9.30-10.30pm. St  
George and St Ethelbert  
Church Hall, Burford Road, E6.  
Email info@jfkikarate.co.uk or  
call 07818 000 643

### Bollywood Dance Class

For ages 13-18. Wed,  
6-7.30pm, Katherine Road  
Community Centre, 254  
Katherine Road, E7.  
Call 020 8548 9825

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



### Multi-Sports

Free Flying Wheels club for  
young wheelchair users 6-22.  
Wed and Fri evenings, 6-8pm.  
Rokeby School, Barking Road  
E16. Call 07888 085 259  
U19s, Fri, 4.30-6.30pm,  
Newham Leisure Centre, E13.  
Disabled Multi-Sports. Tues,  
10.30am-12noon, Newham  
Leisure Centre, E13.  
Call 020 7511 4477  
Fri, 4.30-6pm, NewVlc, Prince  
Regent Lane, E13.  
Call 07811 671 082

### Wheelchair Basketball

11-19, Wed, 4-5pm  
Rokeby School, Barking Road,  
E16. Call 07947 401 616

### Family Swims for Disabled Children and Adults

Newham Otters Swimming Club,

Sat, Newham Leisure Centre,  
E13, 4.30-5.30pm. For more  
details call 07931 788 739  
Family Swim, Sun, 12.30-2pm,  
Balaam Leisure Centre, E13,  
£5. Call 020 7476 5274

### Free Trampolining Sessions

U19s, Fri, 5-7pm and Sat,  
12noon-2pm, Newham Leisure  
Centre, E13. Call 020 7511 4477

### Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham  
Leisure Centre, E6. £1.15 per  
session. Call 020 8548 5850

### Free Swim for Families dealing with Autism

Wed, 4-5pm, Balaam Leisure  
Centre, E13. Call 020 7476 5274

### Get fit for free

Free use of the gym for one  
year for people with learning  
disabilities at Newham Leisure  
Centre. Tues, 1.30-3.30pm and  
Fri, 10am-12noon. To book an  
induction call on 020 7511 4477

### B1 Football Club

Third Sun of every month,  
10am-12noon, East Ham  
Leisure Centre, E6

### Free soft play and exercise to music

Sat, 2-3pm, Newham Leisure  
Centre, E13. Call 020 7511 4477

### COMMITTEE MEETINGS

All meetings take place at  
Newham Town Hall, Barking  
Road, E6, unless specified.  
**Tues 27 Nov**, 7pm, Overview  
and Scrutiny Committee,  
Room 1  
**Mon 3 Dec**, 6pm, Public  
Transport Liaison Group,  
Lister Room  
**Wed 14 Nov**, 7pm, Audit  
Board, Committee room 1  
**Tues 4 Dec**, 10am, Licensing  
(2003 Act) Sub-Committee,  
Council Chamber  
7pm, Health and Social  
Care Scrutiny Commission,  
Committee Room 1  
7pm, Regeneration and  
Employment Scrutiny  
Commission, Committee

Room 2  
**Wed 5 Dec**, 6.30pm,  
Investment and Accounts  
Committee, Committee Room 2  
7pm, Strategic Development  
Committee Old Town  
Stratford, E15, Council  
Chamber  
Visit [www.newham.gov.uk/committee](http://www.newham.gov.uk/committee) for updates.

### MEET THE MAYOR

**Wed 28 Nov**, 9.30-10.30am.  
Residents can telephone  
**020 8430 2000** between  
9.30am and 10.30am and  
speak directly to the Mayor.

### LIBRARY CONTACTS



### Beckton Globe

1 Kingsford Way, E6

### Canning Town

Barking Road, E16

**Custom House** Prince Regent  
Lane, E16

### East Ham

High Street South, E6

### Green Street

337-341 Green Street

**The Gate** 4-20 Woodgrange  
Road, Forest Gate, E7

### Manor Park

Romford Road, E12

### North Woolwich

5 Pier Parade, E16

**Plaistow** North Street, E13

**Stratford** 3 The Grove, E15

### Archives and Local Studies

(limited postal and email service  
only) call: 020 3373 6881  
email: [archiveslocalstudies@newham.gov.uk](mailto:archiveslocalstudies@newham.gov.uk)

### Community Outreach

**Services** To find out more call  
020 3373 0813

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**Call 020 8430 2000**



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It is  
difficult  
to get  
around

Our transport  
links get me  
to where  
I want to go

I like to  
use public  
transport

It's not easily  
accessible

## Do you feel safe using public transport?

The Young People's Board invites you to our community forum to voice your opinions on public transport in Newham. Share and discuss what improvements we can make as a community.

**Date:** 6 December 2012

**Time:** 6-8pm

**Venue:** Little Ilford Youth Zone, 1a Rectory Road, Manor Park, E12 6JB

Everyone is welcome and refreshments will be available.

# Starting school in Newham

## Reception class places for September 2013

If your child will have their 5th birthday between 1 September 2013 and 31 August 2014 you need to apply for a reception class place now.

The deadline for a reception class place for September 2013 is **15 January 2013**. If you miss this date you will have less chance of getting the school that you prefer.

From **10 September 2012** you can pick up a copy of the autumn 2012 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

To make sure you apply  
on time, **apply online.**  
[www.eadmissions.org.uk](http://www.eadmissions.org.uk)





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